

*The Care of
Children
in the
Summer-time*

*Glaxo
Mother-Help
Booklet
No. 5*

Price 1d

THE OBJECT OF THIS BOOKLET

In this little booklet it is our object to help mothers to keep their children well during the hot weather. Some slight indiscretion or little mistake made through ignorance has often caused serious illness. Forewarned is forearmed. We trust that the information given here will be the means of preventing illness.

If baby, despite all care, does get ill, send for the doctor at once. In some cases a few hours delay in beginning treatment will make all the difference between success and failure. Your baby's life is too precious to risk.

The use of Glaxo for children of all ages is a great safeguard against disease during the summer months. In hot, thundery weather, ordinary cow's milk cannot be relied upon to be fresh and pure—Glaxo is always safe.

The Glaxo Cookery Book, price 3d. gives many recipes for making Glaxo dishes for children of all ages.

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The Care of Children in the Summer-time

FOOD

The Dangers of Milk—It is well known that in summer-time the weather may be so hot that unless special care is exercised, the heat becomes a menace to Infant Life. The chief dangers are unwholesome food, dust, and flies. The vital food of an infant being milk, it is essential that it be clean and pure. When it is old, contaminated, and dirty, no amount of sterilising or pasteurising will make it a safe food for Baby. A great authority has said—"It is milk diseased and dirty milk which is responsible for the greatest percentage of sickness and death in the world. Milk is the one article of food in which disease and death may lurk without giving any suspicion from its taste, smell, or appearance."

The Breast-fed Baby—The baby least likely to suffer during the hot weather is the breast-fed baby. This is because he gets his food clean and fresh. There is no possibility of its having gone stale, and it is equally impossible for it to have been contaminated by flies, dust, or dirty utensils.

The Glaxo Baby—The next most fortunate baby is the Glaxo fed baby. Glaxo is much less liable than liquid milk to deteriorate in hot weather. It will not "turn" in thundery

weather, and being packed in an air-tight tin it can be kept from all danger of contamination. If the lid is always kept fixed firmly in, and the food is kept in a cool, dry place it is always ready for baby, and always fit for his use. If proper precautions are taken when preparing it, baby has always a safe, pure food. If you value your little one's life, do not risk liquid milk unless you can guarantee its purity and freshness from the source until the time it reaches your child; but rather be on the safe side—use Glaxo—the well-known, tested, clean, safe, pure, reinforced milk now procurable in the following strengths—Full-cream; Three-quarter-cream, (Glaxo No. 2); and Half-cream (Glaxo No. 1); so that a Doctor can regulate the amount of fat as required by any particular infant.

Baby Off His Feed—During the hot weather baby, like his elders, may sometimes be rather "off his feed." If he does not wish to empty his bottle, do not let this worry you. Do not urge him to take more than he is inclined for. It will not hurt him to go a little short, but it will do him harm to be forced to take food which his stomach is not ready to receive. If he does not wish to finish a meal, let him leave it, but do not offer any more until the regular feeding time—he must wait until the next meal is due.

To miss a meal will do no harm, but in between, if the little one desires it, give plenty of plain, cool boiled water to drink.

Less Fat—The system does not require so much fat in hot weather as it does in cold. If baby shows any signs of digestive disturbances try giving him a little less butter fat for a few feeds. Let the mixed Glaxo stand for three or four minutes and then skim off the cream that has risen to the top.

FOOD FOR OLDER CHILDREN

Suit their Food to the Weather—Do not give them so much dripping, oatmeal, soups and other hot and heat-producing foods. Green vegetables and fruit are beneficial. All the fruit given must form part of a meal. The children must not be allowed to eat things at odd times during the day. Such fruits as strawberries, raspberries, plums and other stone fruit must be given in moderation: some children are quickly upset by them. It is much safer to give cooked fruit than raw.

Fruit and Meat must be Fresh—Be sure that all food eaten is in perfectly good condition. Bananas, pears, etc., which are rather over ripe will be sure to give rise to diarrhoea and sickness. Meat and fish must be absolutely fresh. If there is the slightest suspicion that the food is tainted, it is far better to throw it away and give the children a dinner of bread and butter or potatoes, than to risk ptomaine poisoning by letting them eat the doubtful article. Sometimes

a housewife thinks that by washing the meat with vinegar or disinfectant fluid she can make it good. She may remove the smell and unpleasant taste, but she cannot make it fit for eating.

To keep Food Good—If you have no airy, cool place in which to keep food, you can devise a home-made safe by stretching some muslin or fine perforated zinc over a good sized box with the two sides knocked out. Fix it to a shady part of an outside wall in the air well away from drains and gullies. Be sure to cover it properly so that not a single fly can enter. To keep butter and other food cool, make a porous cover in the following way—stand the dish containing the butter in a soup plate filled with water, turn a flower-pot upside down over the food with the edge in the water. Cover the flower-pot with a piece of wet flannel, the edges of the flannel must be resting in the water round the flower-pot. Barley water and other drink should be kept in an earthenware jug and treated in like manner. The evaporation keeps the contents of the jug beautifully cool.

In order to keep meat and fish in good condition, care should be taken to wash the plate or dish on which it stands, at least twice a day. A clean cloth wrung out in water and vinegar (half-and-half) should be wrapped round the food.

Drinks for Children—Playing about in the sun makes children very thirsty. A liberal allowance of fluid is necessary to the system to replace that given off in the form of perspiration. It is not wise to allow large quantities of water to be taken at meal

times, but the children should be able to drink freely between meals. Glaxo should be regarded as a food rather than a beverage. Water, Barley Water, Lemon Water, Rice Water, Albumen Water, Arrowroot Water and Oatmeal Water quench the thirst and help to keep the children in health.

Oatmeal Water Good for Children

—Oatmeal Water is an inexpensive drink of which children are usually very fond. It is a good plan to keep a large jugful where they can help themselves. It can be made as follows:—

$\frac{1}{4}$ -lb. fine Oatmeal.

4-6 ozs. Sugar (about 20-30 lumps

$1\frac{1}{2}$ Lemons. [of loaf sugar.)

4 quarts of Boiling Water.

Method—Mix the oatmeal to a smooth paste with cold water, add the sugar, the juice and rind of lemons. Add the boiling water. Stir frequently until cold and then strain.

Boil Doubtful Water—In country places where the water supply may be doubtful, the children must not be allowed to drink any until it has been boiled.

FLIES

Domestic Animals a Danger

Dangerous diseases are carried by flies and other vermin coming into contact with baby, his food or feeding utensils, after they have been among dirt and filth, or on the body of some diseased person. Animals like the cat and dog frequently carry vermin on their coats. They will often root among rubbish and dust-

bins, there picking up disease germs which they may carry into the home. Unless one can be sure that animals are kept perfectly clean, it is unwise to have such a source of possible infection near your children.

Flies as Germ Carriers—You have only to watch the habits of the ordinary house-fly to realise what a danger it is to baby. You know the "fly-marks" which are to be seen on your window-panes, wallpaper, and all about the house? Some of these are caused by the flies bringing up the food they have eaten. The flies go and feed on some manure heap or garbage tin. The filth they have alighted on clings to their bodies and legs. Off they fly into the home and settle on the sugar or butter. They wipe their legs clean on the edge of the jam dish, bring up on the table-cloth disgusting food they have eaten outside and wash their germ-laden bodies in the milk. They crawl about on baby's face and hands and may leave there some death-bringing poison.

Protect your Children—If you would guard your children from disease, prevent the common house-fly coming into your home. If this is more than you can accomplish make it impossible for it to alight on any food or on the children while they are sleeping. (Glaxo Baby Book page 50).

Your Dustbin—You can lessen the risks to yourself and your neighbours by doing all in your power to prevent the flies having access to germ-laden rubbish. Destroy by burning as much kitchen waste as possible. Decaying

vegetable matter is a fruitful hatching ground for flies. Have the lid of your dust-bin always tightly fitted on so that the flies cannot get at the contents of the bin. Flies multiply very quickly. Each time you kill one fly you are preventing the birth of millions. It is most important therefore to destroy as many as possible and also to thoroughly clean out all crevices where they have laid their eggs. For the purpose, chloride of lime or paraffin and water are effectual.

Insect Powder—Fleas, like all body lice, are carriers of disease. When a child is to be taken in a railway train or other public vehicle, it is a good plan to sprinkle a little Keating's Powder on his under-clothing. This may prevent him picking up one of these disgusting and harmful insects.

GERMS

Infection—Acute diarrhoea and many other illnesses are caused by germs. It is always important at all times to guard against their entry into baby's system, but particularly so in hot weather. When flies are about, germs are more likely to be carried to baby and his feeding utensils. If he is a little "off colour" due to the heat, he has less power to resist germ attacks.

Overfeeding—By overfeeding the risk is increased. The surplus food which the baby cannot make use of lies in the stomach and bowels undigested: it ferments and causes

serious trouble. Be careful therefore, not to feed baby too frequently or give him too much at a meal.

Be Scrupulously Clean—Wash the feeders and teats and keep them as directed in the Glaxo Baby Book (pages 33-35). Remember that germs are everywhere. It is useless to cleanse the teat properly, if after so doing, you are going to put it down on the table or any other place where it may pick up germs. Be sure that your hands are thoroughly washed and dried on a *clean* towel, or not dried at all, before you handle the teats. Keep this principle in mind in all your dealings with baby. For example, if you pick up a spoon from a table and dip it straight into your tin of Glaxo, you may be putting into his food some deadly germ which may cause baby a serious illness. Keep baby's teaspoon and food measure with the teats on a clean boiled saucer covered with an inverted glass or bowl.

Soiled Garments—When baby is "changed" his soiled napkins must immediately be placed in a pail with a lid on. They must not be kept in the room where baby's food is. The hands should always be washed after attending to a child.

Bowels Loose—Sometimes a few sultry days may cause baby's bowels to be rather loose. If the motions become too frequent, matters can generally be put right by the addition of a little lime water to the food. It should be used in the proportion of one teaspoonful of lime water to each ounce of milk or prepared Glaxo (see page 73 Glaxo Baby Book). If

the baby is being naturally fed, the lime water can be given immediately before putting him to the breast.

Diarrhoea—If the lime water does not immediately put matters right, do not waste precious time. Diarrhoea is—rightly—the most dreaded children's complaint in the summer. Baby can die of it in a few hours, if not properly treated. If the motions are frequent, fluid, offensive and unhealthy, if baby is in pain, send at once for the doctor. If there is likely to be any delay in his coming, give the child a dose of castor oil and withhold all milk. On no account give either the breast or bottle food. Let baby drink from the feeding bottle as much cool boiled water as he will, also albumen water and raisin water (see Glaxo Baby Book pages 72-74).

For an older child, when food is recommenced, a little arrowroot is the best thing to begin with.

CLOTHING

Don't Overclothe—Always try to dress baby according to the weather. Remember it is in the middle of the day that the little ones are usually kept too hot. To over-clothe is as harmful as to under-clothe. During the hottest hours baby may need only a light knitted vest and body-belt, napkins and a thin frock. For an older child a pair of "Chilprufe" combinations and a crawler (see Glaxo patterns) is all sufficient.

Character of Clothing—The clothing should be light in weight; absorbent and loosely fitting so that there is perfectly free circulation of air. The delicate little abdominal

organs must be protected summer and winter alike so that a knitted body belt is needed even on the hottest days. It should be fine, soft and light. Bear in mind, that as the day gets cooler, additional clothes must be put on. During early morning and evening, the temperature is generally lower, especially at the seaside.

Clothing at Nights—Put baby to bed wearing a light flannel sleeping-suit. Possibly he will need little or no other covering if the night be sultry, but remember, it will get cooler towards morning. A blanket must be at hand with which to cover him when necessary.

Keep Baby's Head properly protected—A most important point is to keep the head properly protected. A child up to about 2 years of age has only a covering of skin over part of his brain. Where there is bone it is very thin. Hot sun rays beating on the head may cause convulsions. At all times children of all ages must be effectively guarded against direct sun's rays by light, cool, shady hats, sunshades or pram-hoods. The best pram-hood for summer is dark green on the inside and white on the outside. A light colour will not attract so much heat as a dark one and the dark lining is restful for the eyes. The sides of the cover must be open to admit as much air as possible (see Glaxo Baby Book—pages 50 and 76).

*The GLAXO PAPER PATTERNS
enable you to make ideal clothes
for Baby.*

*Illustrated List sent on request for
2d. stamp.*

ON KEEPING COOL AND HEALTHY

How to Keep Cool—If you can keep your child cool, you will go a long way to keeping him healthy. The child's resisting powers must be maintained at a high level of efficiency by ensuring wholesome food, regular habits and restful sleep, then there will be little to fear. Study the things that produce heat in the body; you will then know what to avoid.

- (1) Give a child cold food and drink in preference to hot.
- (2) Do not allow him to eat too much heat-producing food, such as fat, oatmeal, etc.
- (3) Do not over-clothe him.
- (4) Do not let him take too much physical exercise during the hottest hours of the day.
- (5) Sponge him all over with tepid water once or twice a day. If this is done before he is put down for his mid-day nap, he will rest better.
- (6) Keep the house cool.

How to keep the House Cool—This may be accomplished in the following ways: Have outside blinds at doors and windows. An outside blind is much better than an inside one because it excludes the sun while admitting the air. Any handy man can fix one which will answer the purpose very well. Take a piece of ticking of the required size, sew rings along the top. Above the window or door screw in hooks to correspond with these rings. After the blind

has been hung up, fix the lower edge away from the window by means of iron or wooden rods screwed to the window frame.

It is not any use to pull down a blind either inside or out *after* the sun has been pouring on the window and has made the room hot. When you go to bed at night open all the windows wide and put the blinds down. The room will get cool during the early morning hours and the blind will help to keep it so after the sun has risen. A free fire-place and chimney will help in keeping the room well ventilated. Have as few hangings about the room as possible and no carpets. By washing over the floor with cold water, the temperature of the room is reduced.

A Programme for a Summer Day—Baby should be out-of-doors during the coolest parts of the day. The following is a good programme for the summer months:

After the first feed of the day, put baby in his pram in the garden, bring him in later for his morning bath, then if the day is very hot, keep him indoors to sleep in a room which has been kept cool in the manner described above. Later in the day he can go out again, leave him out to sleep in a quiet spot after he has had his evening wash and been prepared for the night.

Exercise in the Cool Hours—Let the little ones spend as much of the time in the open air as possible, in a shady place away from drains and gullies. It is better for them to be in

the garden than to be taken walking in the hot streets. If they must be taken for a walk, then the housework should be so arranged as to make it possible to do this quite early in the day. Never mind if the beds are not made or the breakfast things not washed up. These things can wait until the children have come in for their mid-day rest. This mid-day rest is important because insufficient sleep lowers the vitality and so predisposes a child to illness.

To avoid Insect Bites—When out of doors the children must be protected from gnats and other insects. Oil of lavender or essence of Citronella will keep them away and not harm the child's skin. If the little one is bitten, the part should be sponged over with vinegar and water or a little weak ammonia or a tablespoonful of eau-de-cologne in a little water (see Glaxo Baby Book page 50).

ON GOING FOR HOLIDAYS.

How Glaxo helps to make feeding easy—The Glaxo-fed baby has a great advantage at holiday times. One of the things a mother dreads when taking her baby away from home is that the change of food may upset him. At holiday resorts during the season there is often a shortage of milk. In lodgings it is frequently difficult to make suitable arrangements for preparing and keeping baby's food. For the mother of the Glaxo-fed baby none of these difficulties exists—Glaxo can be bought everywhere and it is always the same.

The storing and making of the food are simple matters. If baby is to be taken for a day's outing, on a picnic, or a railway journey, it is so simple to arrange for his feeds (see Glaxo Baby Book—page 57).

An Improved Cot for Baby—The question of baby's food during the holidays having been satisfactorily settled there is nothing else to worry about. Keep his feeding hours and other daily events to the times he is accustomed to and he will probably derive nothing but good from the change. He must of course continue to sleep in a cot by himself. A Japanese basket is useful for this purpose. Baby's clothes can be packed in it and it can be converted into a very comfortable crib. If baby is sleeping in it out-of-doors, one half of the basket can be set up on end to form a protection from wind and sun.

Things to take—When packing for the holiday both warm and cool clothing must be considered. In this country, it is never wise to count on any particular kind of weather lasting for several weeks.

Taking Baby for Country Walks—Parents who want to go for long country walks do not wish to be handicapped by the presence of a perambulator, and, as all parents know, it is tiring to carry a baby in the arms for long. The easiest way is to have a little hammock with a handle at each end. This can be carried between the father and mother and in it baby will be quite comfortable and will enjoy his journey over hills and dales.

Excitement and Train Sickness—

Older children are sometimes upset at the very beginning of a holiday by over-excitement. If a child is liable to be so he should for a day or two prior to leaving home be kept quiet. He should not be talked to too much about the pleasure in store for him or allowed to join in the preparations for departure. With a child who is subject to train-sickness this keeping quiet and normal is particularly necessary. This train-sickness is extremely trying both for the child and for those who travel with him, also it is very difficult to prevent. Looking from the window of a moving train often increases the tendency to sickness. It is wise to start the journey with the blind down so that the child cannot see out. Do not wait till he feels sick before doing this. He will, of course, need something to interest and occupy him while in the train. With some children, the sickness is less when they travel facing the engine; but this is not always the case.

Amusing Children on a Journey

—Children get very weary on a long railway journey. The supply of books and toys which one is able to take in the carriage will soon be exhausted, but games can be invented. One child can be set to count all the sheep seen in the fields, and another all the cows, with a view to seeing which can count the higher number. Older children can write down the names

of the stations passed and say which county they are in.

Avoid Irregular Feeding—

Very often, with a view to passing the time, children are allowed to eat continually while on a journey. They are given sweets, fruit, or biscuits every hour or so. This is sure to upset their stomachs. As far as possible they should be given meals at the accustomed times and at no others. If a child is excited and does not want much to eat, it is a mistake to press him. He will not suffer from going without a meal, but he may do so if persuaded to take food which the stomach is not ready to receive.

The First Days at the Seaside—

During the first day or two at the seaside, children should not be allowed to run about bare-legged and paddle the whole day through. A few hours at a time is quite sufficient to begin with until they are acclimatised. For little ones who are in the habit of having a mid-day rest in bed the continuance of this must be insisted upon. As mentioned previously, ample rest during the hot weather is very necessary.

Regular Action of the Bowels—

Bear in mind the importance of each child having a good evacuation of the bowels at least once a day. A change of air sometimes causes constipation. Should this be so, the fact may not be reported to his elders by a child who is accustomed to attending to himself.

"Doing the very best for the wonderfulest in the world"

EVERY mother longs to do "the very best for the wonderfulest in the world"—to give her Baby the best possible chance of growing up healthy and happy and strong. Right feeding can do much, but right *knowing* is equally important.

The object of the Glaxo Happy Motherhood Service is to supplement Glaxo itself with sound practical information regarding every phase of Baby's life, to do everything possible to make the way clear for every mother and every expectant mother to become "The Happy Mother of a Happy Baby."

The 136-page Glaxo Baby Book is acknowledged to be the most practical book about Baby available, and it is the most widely-read. For every five Babies born in England a Glaxo Baby Book is despatched on its errand of helpfulness and comfort to a wise mother.

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